

## HIGH MARCH, ARMS ABDUCTED

- Set up group on one side of basketball court or similar.
- Raise arms to shoulder height with fingers reaching to infinity.
- Walking, raising legs as high as possible in front.
- Legs can be bent or straight.
- Move as tall as possible and keep head still.

### Benefits

- Challenges balance and proprioception.

### Beginners Advice

- Slow the movement down and control each step.
- Don't compromise upper body posture by over stepping.

### Challenge

- Eyes closed.
- Move backwards.

### Adjustments / What to look for

- Don't allow legs to cross the midline of the body.
- Maintain torso in upright position, long spine and don't collapse at hips.
- Minimise weight transference and shift towards balancing leg.
- Pair up and have one partner watch and comment on the other.